



Department of
Human Services

Feeding Adults in Child and Adult Care Food Program

(CACFP)

Points to Remember



01

CACFP is a supplemental nutrition program

02

The program is intended to help you with your food cost; it may not cover all your costs

03

Participating institutions operate the program under a contractual agreement with TDHS

04

Failure to maintain adequate records can result in legal action and payback of funds

Program Eligibility

01

May participate as an independent center or sponsored center

02

May be operated by public agencies, private nonprofit organizations, or certain for-profit organizations

Center Eligibility

01

Provide community-based programs

02

Be licensed or approved to provide adult day care services

03

Provide services to adults who are functionally impaired or over age 60

04

Provide nonresidential services

Community Residence Requirements

01

Provide services to individuals in a group setting outside their homes on a less than 24-hour basis

02

Meant to assist participants to remain in the community

03

Individuals living in residential institutions are ineligible under the CACFP

Requirements for Adult Day Care

01

Adult Day Care agencies providing care to 5 or more people are required to obtain a license by the TDHS

02

Adult Day Care agencies currently providing care for 5 to 9 adults without a license should contact the local TDHS licensing office to initiate the licensing process.



**DHS Licensing
(615) 253-4797**

CACFP Eligible Participants

03

Adults who are mentally or physically disabled and are enrolled in an institution serving a majority of persons 18 years of age and older



04

Adults who are enrolled in an adult care center which serves functionally impaired adults or individuals who are 60 years of age or older



Feeding Adult Participants in CACFP



Meal Service Methods

Different styles for different meal types

- Cafeteria Style
- Family Style
 - Minimum serving sizes of each required food component of the meal must be placed on each table (7 CFR 226.20(c)(1)-(2))
- Offer vs. Serve

Offer vs Serve for Adults in CACFP

How to Use OVS at Meals

OVS at Breakfast

1. Offer these 3 **food components** at breakfast:
 - Milk
 - Vegetables and/or Fruits
 - Grains
2. Offer at least 4 different **food items** at breakfast, at least 1 from each **food component** above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component.
3. Ask the child or adult to **choose at least 3** different **food items**.



Note: The 4th food item can be selected as well.

OVS at Lunch and Supper

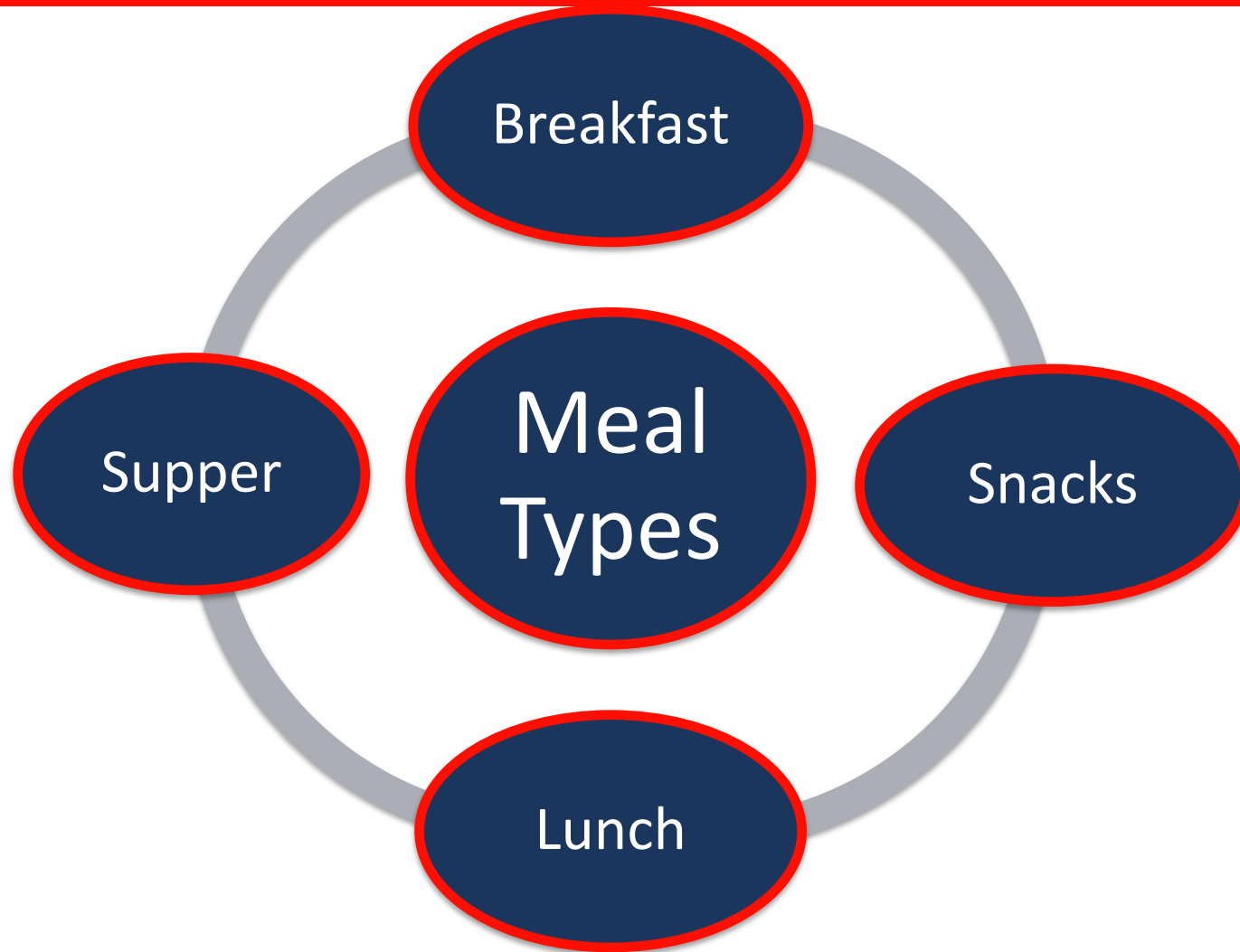
1. Offer these 5 **food components** at lunch and supper:
 - Milk*
 - Vegetables
 - Fruits
 - Grains
 - Meat and meat alternates
2. Offer at least one **food item** from each component.
3. Ask the child or adult to choose **food items** from **3 or more food components**.



Note: The child or adult can select food from all 5 components. Foods from **at least 3 components** are needed for a reimbursable meal.

***For Adult Participants Only:** Milk is optional at supper. If milk is not offered, the adult still needs to select food items from 3 different food components to have a reimbursable meal.

CACFP Meal Types



Child and Adult Care Food Program (CACFP)

Adult Meal Pattern

Breakfast: Serve all 3 components for a reimbursable Breakfast¹

Food Components and Food Items	Minimum Serving Sizes
Fluid Milk ²	8 fl. oz. (1 cup)
Vegetables, Fruits, or portions of both ³	½ cup
Grains ⁴ , using ounce equivalent (oz. eq.) ⁵	2 oz. eq.
Bread, Biscuit, or Roll	56 grams
Waffle, Pancake, Croissant	68 grams
Oatmeal and other cooked cereal grains ⁶	1 cup cooked
Cereal, Ready-to-Eat Flakes or Rounds ⁶	2 cups
Cereal, Ready-to-Eat Granola ⁶	½ cup
Cereal, Ready-to-eat Puffed ⁶	2 ½ cups

Snack: Select 2 of the 5 components for a reimbursable snack⁷

Food Components and Food Items	Minimum Serving Sizes
Fluid Milk ²	8 fl. oz. (1 cup)
Meat or Meat Alternate (M/MA)	1 oz. eq.
Cheese	1 oz.
Cottage Cheese	2 oz. or ¼ cup
Peanut butter or other nut/seed butters	2 Tbsp.
Yogurt (including soy yogurt) ⁸	4 oz. (½ cup)
Vegetables ³	½ cup
Fruits ³	½ cup
Grains ⁴ , using ounce equivalent (oz. eq.) ⁵	1 oz. eq.
Bread, Biscuit, or Roll	28 grams
Cracker, Graham (about 5" by 2½")	28 grams/ 2 crackers
Crackers (various)	22 grams

Lunch or Supper: Serve all 5 components for a reimbursable Lunch or Supper⁹

Food Components and Food Items	Minimum Serving Sizes
Fluid Milk ^{2,10}	8 fl. oz. (1 cup)
Meat or Meat Alternate (M/MA)	2 oz. eq.
Lean meat, poultry, or fish	2 oz. eq.
Tofu ¹¹	4.4 oz. or ½ c
Cheese	2 oz.
Large egg	1 egg
Cooked dry beans/peas	½ cup
Peanut butter or other nut/seed butters	4 Tbsp.
Peanuts, soy nuts, tree nuts, or seeds (may only credit up to 50% M/MA)	1 oz. – 50%
Vegetables ^{3, 12, 13}	½ cup
Fruits ³	½ cup
Grains ⁴ , using ounce equivalent (oz. eq.) ⁵	2 oz. eq.
Bread, Biscuit, or Roll	56 grams
Pasta, Rice, or Grits	56 grams dry/1 cup cooked
Tortilla, Soft, Flour or Corn	56 grams

CACFP Feeding Adults: Breakfast



Select all three components for a reimbursable meal:

- Fluid Milk
- Vegetables, fruits, or portions of both
- Grains

**Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week*

CACFP Feeding Adults: Lunch/Supper



Select all five components for a *reimbursable meal*:

- Fluid Milk (optional for adults)
- Meat or Meat Alternate
- Vegetables
- Fruits
- Grains

**A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.*

CACFP Feeding Adults: Snacks



Select two of the five components for a *reimbursable snack*:

- Fluid Milk
- Meat or Meat Alternate
- Vegetables
- Fruits
- Grains

***Only 1 of the 2 components may be a beverage**

Serving Milks to Adult Participants



- A serving of milk is optional at supper.
- Low-sugar yogurt may be substituted for fluid milk.
- Flavored Milk can be served to adults. Must be fat-free (skim) milk, can be pre-mixed or made by adding flavored straws, syrups, or powders to unflavored milk

Meat/Alternates

Yogurt

Tofu

Lean meats

Peanut butter,
nut butters,
seeds

Cheese foods
and spread (not
“product”)

Poultry

Fish

Eggs

Cooked dry
beans or peas

Fruits

Pasteurized, full-strength juice-once per day

100% fruit and vegetable juice blends may contribute to the fruit requirement when fruit juice or puree is the most prominent ingredient.

Vegetables

Fresh, frozen,
or canned

Dry beans and
peas (legumes)

Vegetable juice

1 cup of leafy
greens=1/2 cup
of vegetables

Whole Grains

- At least one grain serving per day must meet the whole grain rich criteria.
 - Indicate it on the menu “WGR”
- Whole grain rich, enriched, or fortified
- To be creditable, all Breads/Grains must be made with enriched or whole grain meal or flour, or bran/germ.

Easy Whole Grain Swaps

White Rice	➡	Brown Rice
White Bread	➡	100% Whole Wheat Bread
Sugary Cereal	➡	100% WG topped with Fruit
Grits	➡	Oatmeal
Pasta	➡	100% Whole Wheat Pasta
Cookies	➡	100% Whole Grain Crackers

Ounce Equivalents



What are Ounce Equivalents?

- Under the updated meal pattern, program operators will be moving from crediting grains by **servings** to crediting grains by **ounce equivalents**
- One (1) ounce equivalent = **16 grams of grain**



Why are Ounce Equivalents Important?

- To provide portion sizes that most closely align with the needs of our program participants
- To be consistent with School Meal Programs and Federal dietary guidelines, such as the Dietary Guidelines for Americans and ChooseMyPlate



<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

Food Buying Guide for CACFP



Food Buying Guide for Child Nutrition Programs
U.S. DEPARTMENT OF AGRICULTURE

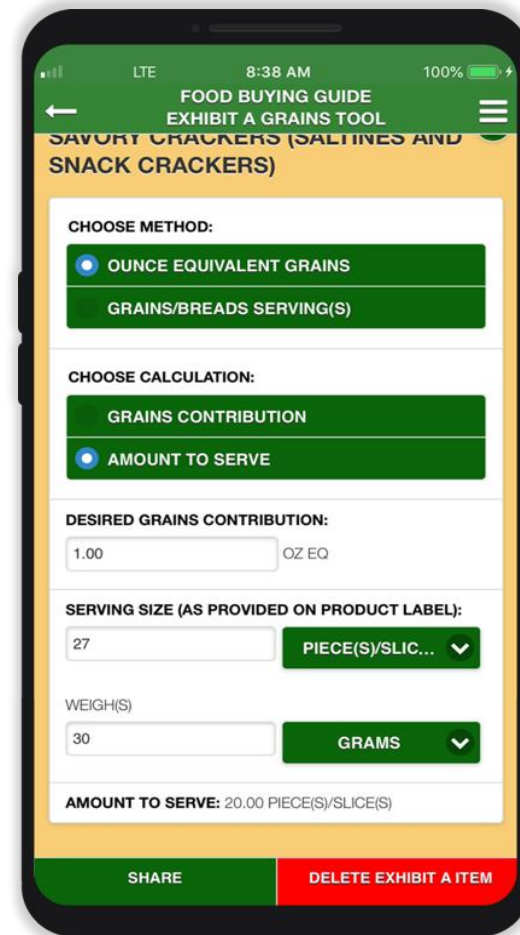


Exhibit A Grains Tool - Enter Product

► Instructions

Asterisks (*) denote required information.

The numbers listed below correspond to the steps in the Instructions accordion above.

① Product Name * Date (MM/DD/YYYY)

② Choose Method * ☒ Ounce Equivalent (oz eq) Grains (SBP/NSLP/NSLP Afterschool Snack Service/CACFP/Preschool)
☐ Grains/Breads Serving(s) (CACFP/SFSP/NSLP Afterschool Snack Service/Preschool)

③ Item keywords: [Exhibit A](#)
Enter one or more keywords to perform search

Search Clear Search

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Edit>

Menu Requirements



Post (according to licensing)

Legible

Maintained on file

Include the name of the facility

List dates

Meal type (breakfast, lunch, snack, supper)

Include specific components and quantity

5-Day Sample Menu

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Milk Oatmeal Grapes	Milk Banana Hard Cooked Egg	Milk Whole Wheat Toast Orange	Milk Multigrain Cheerios 100% Apple Juice	Milk WGR French Toast Strawberries
Lunch	Milk Tuna Low-sugar Yogurt Cucumber sticks Wax Beans WGR Tortilla Wrap	Milk Lemon chicken Romaine Lettuce Tomato Sliced Carrots WGR Wheat Bread	Milk Lean Ground Beef Marinara Sauce Corn Diced Pears WGR Spaghetti Noodles	Milk Tofu Celery Sticks Pineapple Chunks WGR Wheat Bread	Milk Lean Roast Beef Apple Mashed Potatoes Whole Wheat Bread
Dinner	Milk Marinated Lean Beef Sweet Potatoes Cauliflower WGR Dinner Roll	Milk Baked Chicken Peas Corn Long Grain Brown Rice Pilaf	Milk Lentil stew Broccoli Peaches Corn Bread	Milk Breaded Lean Pork Chop Baked Potato Cabbage Slaw WGR Rye Bread	Milk Red Beans and Long Grain Rice Cheddar Cheese Cubes Spinach Orange
Snacks	Enriched Banana Bread Milk	Pretzels Hummus Water	Carrot Sticks WGR Crackers Water Extra: Ranch Dip	Graham crackers Low-Sugar Yogurt Water	Banana Sun Chips Water

Reporting and Recordkeeping

- Participating facilities are required to maintain the following records:
 - Daily attendance records.
 - Menus.
 - Daily meal count records recorded at point of service.
 - Food expenses and income to the program indicating nonprofit food service.
 - Enrollment documentation that includes the age of each enrolled participant.
 - Documentation or plans of care for participants claimed as functionally impaired.
 - Documentation of training provided to center personnel regarding program requirements and operations.

What questions do you have?



USDA Non-discrimination Statement

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To file a program complaint of discrimination, complete the USDA Program Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

Contact Information

CACFP Main Telephone Line

(615) 313-4749

CACFP Email

cacfp.dhs@tn.gov

Tennessee Information Payment System

<https://tndhs.cnpus.com/prod/Splash.aspx>

CACFP-Department of Human Services

tn.gov/humanservices/children/dhs-nutrition-programs/child-and-adult-care-food-program.html

Thank you!

THANK

You